

New Wellness Services for 2008

Your new GoCard is Here!

The enclosed GoCard provides you with portable access instructions to many wellness services offered by Reliant Behavior Health (RBH). Now you can access on-line information about your wellness services, Employee Assistance Plan (EAP), maternity program, and *Why Weight* of Montana! Keep your GoCard in your wallet and you will be able to use the instructions to access many discounts wherever you go!



Your GoCard includes the RBH StayActive logo. This will get you significant discounts to local activities and

services that help you and your family stay active along with cultural activities throughout the West. These include the Great Falls Explorers, Zoo Montana in Billings, Carmike Theaters, the Butte Daredevils, Costco,

Sportsman's Warehouse, Curves, Tarkio Kayak Adventures in Missoula, Moonlight Basin at Big Sky and more than 50 other participating Montana vendors. To take advantage of RBH StayActive discounts, employees and their families simply

login to MyRHB (see blue box on this page for access instructions). Then search for discounted services in their areas. To receive discounts, show your RBH GoCard when you visit participating vendors.

Are You Ready to Quit?

Consider This...

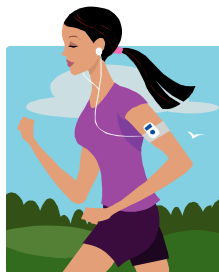
Every day, more than 15 million kids are exposed to secondhand smoke at home, with millions also exposed to secondhand smoke in schools and other places. Exposure increases the chances that children will suffer from smoke-caused coughs and wheezing, bronchitis, asthma, pneumonia, potentially fatal respiratory infections, eye and ear problems, and more. Other harms to kids include death and injury fires, nicotine poisoning and toxic effects from the ingestion of cigarettes, and fungal infections or allergic reactions among those with weakened immune systems from exposure to fungal spores or mold in cigarette tobacco. To read this article in full, and to access your on-line health-survey, on-line smoking resources, and a personal Health Coach to help quit smoking, go to www.MyRBH.com (follow the simple access instructions below).

Spring Fitness 2008

Now that you as an individual or as a team have signed up and are ready to walk, let Spring Fitness begin! Start tracking your steps on April 21, 2008. Please remember to get your steps entered every week. This will help in getting your team to the finish line first while being able to track your activity level.

Spring Fitness is a great way to get out, feel good, and enjoy the Montana weather.

There will be random drawings of \$25 gift cards throughout Spring Fitness. This year you have an equal opportunity to win! The GRAND prize of a \$50 gift card will go to each winning team participant and the individual that reaches their finish line first. So get walking and help get your team to the finish line.



- Spring Fitness begins Monday, April 21, 2008
- Spring Fitness ends on Sunday, June 15, 2008
- Deadline for entry of information is Friday, June 20, 2008 and the GRAND prize will be announced on Friday, June 27, 2008

www.MyRBH.com

- Go to www.MyRBH.com
- Access Code: State of Montana
- Click on the StayActive link on the left hand side.
- Then click on the StayActive logo
- This will take you to the discount search page



Department of Administration
Health Care & Benefits Division

PO Box 200130
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Phone: 444-7462 in Helena
1-800-287-8266 toll free

Fax: 406-444-0080

E-mail: benefitsquestions@mt.gov

**We're on the
Web!
Benefits.mt.gov**

Baby on the Way?

Participating in the Maternity Assistance Program (MAP) entitles you to a free maternity health screening, a gift for completing the survey, free



prenatal vitamins, and access to a Registered Nurse for support throughout your pregnancy. The maternity program

is free to all State of Montana employees enrolled in a health plan, along with their enrolled dependents (including teenagers). The goal of MAP is to help moms have healthy pregnancies and babies.

Health Screenings - 2008!

Health screenings are open to all State health plan members and are **free** to all employees, retirees, and dependents over age 18 on the health plan. Screenings are held Statewide every year - watch the website for dates and locations in your town throughout the year and register on-line at: <https://benefits.mt.gov/healthscreening/>. Your health screening results are provided in writing. Plan to give a copy to your doctor. This is an important part of your medical history and can save you money because your doctor may not need to order tests you already had done for FREE!

Qualifying Events

Employees are able to add/delete dependents from their State of Montana medical plan **only** if they have a qualifying event and make their changes within 63 days of the event. The following are considered qualifying events:

- Marriage
- Declaration of Domestic Partnership
- Divorce or Legal Separation
- Change in custody/support order
- Dissolution of Domestic Partnership
- Death
- Loss of eligibility from another group health plan
- Birth or adoption (63 days after the automatic 31-day coverage period)

During the Annual Change period, employees and retirees are not allowed to add dependents to their medical plan so make sure you act within the qualifying event timeframes if your family status changes!

Contact your agency payroll personnel or HCBd if you have questions.

Keeping Employees Safe & Healthy at Work

In the last five years, roughly 12,000 state employees have filed an average of 946 claims per year. The employees who were injured at work typically received medical care for their injury. Those with more severe injuries may have missed work.

The staff of the Workers' Compensation Management Bureau (WCMB) within the Health Care and Benefits Division are committed to reducing injuries at work by improving work place safety. If an employee is injured, WCMB helps them through the process and most importantly, returns the injured worker to work as soon as medically possible.

The WCMB continues to move forward with efforts aimed at improving communication with all employees and providing better service to employees who are injured at work. Paige Tabor, the Return to Work Specialist, will be providing training to all employees on our Return to Work and Injury Management program and will be assisting agencies and their employees who are struggling through the workers' compensation system. Bonnie Rouse, our Safety Specialist, is providing training on safety issues, identifying needed changes in many areas to improve safety and ensure that state government is providing a safe working environment for all employees.

For more information, contact:

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